

Inhalants refer to substances that are sniffed or huffed to give the user an immediate head rush or high. They include a diverse group of chemicals that are found in consumer products such as aerosols and cleaning solvents. According to a recent survey by the Substance Abuse and Mental Health Services Administration, inhalant use among all grades has risen steadily since 1991. Nearly 20 percent of all adolescents report using inhalants at least once in their lives. Current use is highest among eighth graders. Inhalant use can cause a number of physical and emotional problems, and even one-time use can result in death.

Short-term effects of inhalants include heart palpitations, breathing difficulty, dizziness, and headache.

People using inhalants frequently do risky or humiliating things they later regret.

What are the possible effects of using inhalants?

Using inhalants even one time can put you at risk for:

- ✂ sudden death
- † suffocation
- ◆ visual hallucinations and severe mood swings
- * numbness and tingling of the hands and feet

Prolonged use can result in:

- * headache, muscle weakness, abdominal pain
- * decrease or loss of sense of smell
- ☎ nausea and nosebleeds
- ⊕ hepatitis
- Ⓢ violent behavior
- 👁 irregular heartbeat
- ⊕ liver, lung, and kidney impairment
- ✉ brain damage
- ✓ nervous system damage
- Ⓜ dangerous chemical imbalances in the body
- ☞ involuntary passing of urine and feces

If you or someone you know has been using inhalants, there is help available. Talk to a school counselor, a friend, or a parent, and check the back of this pamphlet for some valuable resource information.

Work away from peer pressure--don't try inhalants.

Using inhalants, even one time, can kill you.

Long-term use of inhalants has been associated with irreversible brain damage.